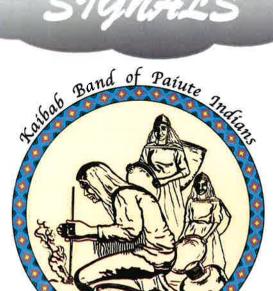
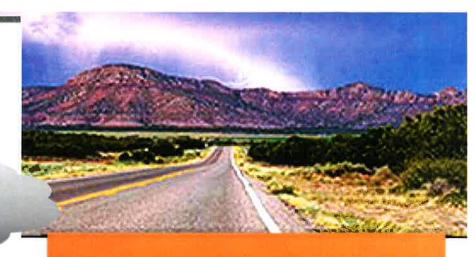
September 2020

SMOKE SIGNALS



Fst. June 11, 1913 arion Indian Reservation



# Tribal Elections!

Watch your Cholesteral Month

Native American Day

SEPTEMBER 25<sup>th</sup>

See flyer inside for events

Emergency
Preparedness
Month

#### **News from the Administration Building**

Annual Meeting is fast approaching – we are trying to determine how to hold this year's meeting with the pandemic. We want to be able to inform the membership while maintaining a safe environment for all our people especially those that are in the high-risk category.

The doors to the administration building remain locked to assist in screening visitors. To enter the building, you need to wear a mask and have your temperature checked. Anyone with a temperature of 100 will not be allowed in the building. The administration building remains closed on Friday's.

Construction will begin on the replacement of the sidewalks at the Community Park. A contract has been awarded and work is expected to be completed by the end of November 2020.

While you read our tribal newsletter please take note of the various activities being provided by our tribal programs. We realize this is a stressful time for everyone and want to provide activities and do it in a safe manner.

THANK YOU to our tribal community for being vigilant and careful while continuing to carry on with our daily lives. Many of us have not had to experience an event such as the pandemic and we are all doing our best.

**RED CLIFFS CHEVRON** 

If you have been to the tribal Chevron Station you will notice the new flooring. It brightens up the interior. There are issues with the floor that are being addressed by the Contractor. The Tribe has signed a new contract with Jackson Energy, and they are providing approximately \$180,000.00 to refresh the station. New gas pumps, lighting and a new Chevron sign have been ordered and will be a welcome sight.

Pest Control will be here on September 8, 2020, starting at 8:00 am. All rental units will be sprayed. Any homebuyer/owner that would like their house sprayed, please contact us. Yolanda 643-8308 or Kathryn 643-8315. The cost is \$40.00.

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ALL work orders must be called in first, before any work can be done. Call Yolanda or Kathryn.

For any emergency work orders that need to be done over the weekends, please call 643-8308.

Just a reminder all garbage must be bagged and any big items, need to be taken to the big dumpster behind the Early Learning Center, in Kaibab Village.

A new low rental home is being built in Lower Kaibab. When complete the home will be a 3-bedroom, 2 bath home. The funding for this home was allocated to the Tribal Housing Authority from H.U.D. under the Cares Act. Construction is being done by H & C Development, LLC.

For more info: Don Johnson, 928-643-7245 Yolanda Rogers, 928-643-7245.

or



# CORRECTED \*\*SAMPLE BALLOT\*\*

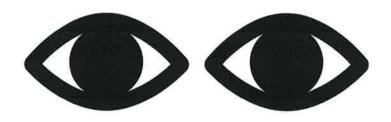
## **KAIBAB PAIUTE TRIBAL ELECTIONS 2020**

#### **OFFICAL VOTING BALLOT**

Please mark one candidate for each of the following seats:

· ·		
Tribal Council Chairperson	– Three-year seat	
-	Manuel M. Savala	
	Ona M. Segundo	-
Tribal Council Chairperson	– Three-year seat	
_	Carmen Bradley	
Tribal Council - Three-year	seat	
·	Tara Spute-Dick	
Tribal Council – Two-year so	eat	
·	Danny Bulletts Jr.	
Tribal Council – One-year se	eat – VOTE FOR TWO	
•	arlos Bulletts	
Ca	assandra Featherhat	
Gl	lendora Homer	
Ci	erra Rossman	
Ja	cqueline Spute	

# The Economic Development Committee is



# looking for 2 seat members!

Do you want a voice in Economic Development efforts?

Do you have experience or knowledge in any of the following areas:

Tribal Government, Business Management, Merchandising and Marketing, Business Financial Management, or Development of Indian Programs?

#### We need you!

Seats are for a 3 year term. Pick up an application at the front desk or request it from Secretary Nicole McCarty by email: <a href="mailto:nmccarty@kaibabpaiute-nsn.gov">nmccarty@kaibabpaiute-nsn.gov</a>

APPLICATIONS ARE DUE BY SEPTEMBER 16, 2020 6pm

## at anti-motion we activise the com-

# REGISTER TO VOTE IN ARIZONA

Primary Election August 4, 2020

Last Day to Register
July 6, 2020

General Election November 3, 2020

Last Day to Register October 5, 2020

**WWW.AZSOS.GOV** 

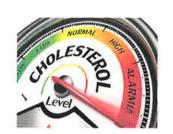
## What I need to Know About Cholesterol

Join our Zoom meeting and learn about Cholesterol

Is it Good or is it Bad

What can I do to keep it under control

September 10, 2020



Αt

4:00 pm



A link will be posted on the:

#### Website

# Smoke Signals Facebook page Kaibab Paiute Tribe Facebook page

There will be lots of good information to help you understand

Cholesterol and how it affects for bodies





DESCRIPTION OF THE PARTY OF THE





**September** is healthy aging month. Here are some suggestions on things we can do to help us live a longer and more healthy life.

People in the U.S. are living longer, and the number of older adults in the population is growing. As we age, our minds and bodies change. Having a healthy lifestyle can help you deal with those changes. It may also prevent some health problems and help you to make the most of your life.

A healthy lifestyle for older adults includes

- Healthy eating. As you age, your dietary needs may change. You may need fewer calories, but you still need to get enough nutrients. A healthy eating plan includes
  - Eating foods that give you lots of nutrients without a lot of extra calories. This includes fruits and vegetables, whole grains, lean meats, low-fat dairy, nuts, and seeds.
  - · Avoiding empty calories, such as foods like chips, candy, baked goods, soda, and alcohol
  - Eating foods that are low in cholesterol and fat



- Drinking enough liquids, so you don't get dehydrated
- Regular physical activity. Being physically active may help you maintain a healthy weight and avoid chronic health problems. If you have not been active, you can start slowly and work up to your goal. How much exercise you need depends on your age and health. Check with your health care provider on what is right for you.
- Staying at a healthy weight. Being either overweight or underweight can lead to health problems. Ask your health care professional what a healthy weight for you may be. Healthy eating and exercise can help you get to that weight.
- Keeping your mind active. Lots of activities can keep your mind active and improve your memory, including learning new skills, reading, and playing games.
- Making your mental health a priority. Work on improving your mental health, for example by practicing
  mediation, relaxation techniques, or gratitude. Know the warning signs of a problem and ask for help if you
  are struggling.
- Participating in activities that you enjoy. People who are involved in hobbies and social and leisure activities
  may be at lower risk for some health problems. Doing things that you enjoy may help you feel happier and
  improve your thinking abilities.
- Playing an active role in your health care. Make sure that you get regular checkups and the health screenings that you need. You should know which medicines you are taking, why you need them, and how to take them properly.
- Not smoking. If you are a smoker, quitting is one of the most important things that you can do for your health. It can lower your risk of several different types of cancer, certain lung diseases, and heart disease.
- Taking steps to prevent falls. Older adults have a higher risk of falling. They are also more likely to fracture (break) a bone when they fall. Getting regular eye checkups, getting regular physical activity, and making your house safer can lower your risk of falling.

  Following these tips can help you to stay healthy as you age. Even if you have never done them before, it's never too late to start taking care of your health. If you have questions about these lifestyle changes or need help figuring out how to make them, ask your health care provider.

1 . 117

# TOBACCO USE AND SECONDHAND SMOKE EXPOSURE IS HIGH IN MULTIUNIT HOUSING





- About 80 million (tin a) people in the US live in multiunit housing, such as apartments.
- Many who live in public housing are especially affected by secondhand smoke, including children, the elderly, and people with disabilities.
- About 5 in 10 multiunit housing residents
   choose to make their own homes smoke-free.



About 20 percent of adults in multiunit
 housing use combustible tobacco products,
 which are a source of secondhand smoke
 exposure.



Among multiurit housing residents with smoke free home rules. 34 percent report that secondhand smoke involuntarily enters their homes from somewhere else in or around the building.



## There is no safe level of secondhand smoke exposure



Secondhand smoke can travel within multiunit housing and common areas through doorways, cracks in walls, electrical lines, ventilation systems and plumbing.



Opening windows and using fans does not completely remove secondhand smoke.



Heating, air conditioning and ventilation systems cannot eliminate exposure to secondhand smoke.



# **TUTORING APPOINTMENTS**

We will begin having in person and Zoom tutoring appointments available beginning next week, August 31st. Appointments will be available Monday through Thursday. For students who are distance learning, appointments are being scheduled in the morning and early afternoon both in person and via Zoom.

For students who are going to school, appointments are being scheduled from 4:00-6:00 pm both in person and via Zoom. If you have more than one student in your family, you can make the appointment for your family unit.

Please call 928-643-6025 to schedule.

# **Zoom Workshops**

DISTANCE LEARNING TIPS FOR PARENTS

THIS WORKSHOP WILL GIVE YOU TIPS AND IDEAS TO HELP YOU AND YOUR STUDENTS GET THE MOST FROM DISTANCE LEARNING EDUCATION. WE WILL ALSO DISCUSS GROWTH MINDSET, SELF-CARE, AND ADVOCATING FOR YOUR CHILD.

ZOOM MEETING TIMES MONDAY 8/31--6:00 PM TUESDAY 9/1--6:00 PM WEDNESDAY 9/2--6:00 PM

# TIPS FOR PARENTS: SETTING PHYSICAL BOUNDARIES



Helping children understand that they have the right to "Tell people 'NO'!" if anyone tries to hurt them or touch them in a way that makes them feel uncomfortable is an important, though sometimes difficult, task.

But establishing boundaries around touch is integral to keeping kids safe. Use the tips below to help guide children and other adults when setting the norms and boundaries.

#### **KNOW THE NUMBERS**

Children can be hurt by both adults and other children in many ways, though most often it is by someone they know and often trust. For example:

More than



of sexual offenses against children are committed by other minors.<sup>1</sup> In reports to NCMEC between 2012-2016, over

94%

of children were abducted by family, friends, or other known acquaintances.<sup>2</sup> Almost

33%

of all AMBER Alerts issued in the U.S. between 2011 and 2016 involved children abducted by non-family members.<sup>3</sup>

In cases reported to NCMEC in 2016, more than



of those who exploit children were known to the child, such as a family member, friend, or other authority figure (e.g. babysitter, coach, etc.)<sup>4</sup>

#### **CONTINUE THE CONVERSATION**

Having regular, open conversations about safety is one of the best ways to help keep kids safe.

Review the KidSmartz rules together. Make sure children understand the basic rules of safety.

Let them know that you support these rules.



Check first before going anywhere.





Take a friend when going somewhere.



Tell people "NO" if they try to touch or hurt you.



Tell a trusted adult if anyone makes you feel sad, scared, or confused.





KidSmartz.org



¹ Hunter, JA, Figueredo. A, Malamuth, NM, & Becker, JV, 2003

<sup>&</sup>lt;sup>2</sup> NCMEC, 2017

<sup>&</sup>lt;sup>3</sup> NCMEC, 2011-2016

NCMEC, 2017

# TIPS FOR PARENTS: SETTING PHYSICAL BOUNDARIES







#### Remind children that their bodies are their own.

It's never too early to start talking about consent, If your children don't feel comfortable giving hugs, sitting on laps, or are uncomfortable with another type of touch, encourage them to speak up and tell people "no".

I don't want bearhugs anymore.



I'm sorry, I didn't know. Of course, I'll stop. Thank you for telling me.

#### Let children know you will listen.

Encourage children to talk about their concerns and listen respectfully. If your child discloses something troubling, try to respond calmly, and reassure children that telling you was the right thing to do.



How about a high five instead of a hug?

#### Keep the adults in your child's life in the loop.

Many friends or family members may not think twice before picking up your children, giving them hugs, or otherwise showing their affection. Let adults in your child's life know that you are working on these skills and strategies. Suggest alternative options for showing affection if your child expresses discomfort, such as "How about a high five instead of a hug?"



Should
I help
you get
dressed,
or would
you like to
do that on
your own?

#### Be a good role model.

Demonstrate what consent and boundaries look and sound like. Ask younger kids questions like "Would you like to be picked up to see better?" or "Should I help you get dressed, or would you like to do that on your own?". Take it a step further by extending this behavior to adults that you and the child interact with, for example: "I'm sorry you had a bad day Aunt Maria, can I give you a hug?"





KidSmartz.org



The Kaibab Paiute Tribe celebrates

# Native American Day

September 25, 2020



(Dress Up)



Keep in mind that our language is not a written one, so we spell the language differently.

I appreciate those speakers who are willing to offer their assistance.

# Show your NATIVE PRIDE

On September 25, 2020 strike your best pose and share a photo of yourself or group all dressed up wearing your best Native fashion include name of participant(s) holding a sign with the 9/25/2020 date.

Please submit photos in the comment section under the post "STRIKE A POSE" on 9/25/2020 on the tribes official Kaibab Paiute Tribe Facebook page.







For more information or questions contact LeAnn at the Cultural Preservation Office 643-7365

# Social Distancing Doesn't Need to Be Boring



## for Students Pre-K to High School

The Cultural Preservation Department has washable cloth face masks students can come customize 2-masks with iron on decals. If you have your own solid colored washable face masks and would prefer to customize those you are welcome to bring them.

Walk-ins welcomed the office can accommodate up to 5 people at a time for this activity.

You can also call to make a private appointment on one of the activity dates.

#### **PER TRIBAL POLICY:**

Sign-in, Temperature Check, Hand sanitizing and Social Distancing required.

(Masks are required when social distancing cannot be maintained.)



Tuesday, September 8, 2020 1:00PM to 4:00PM Walk-ins

Wednesday, September 16, 2020 1:00PM to 5:00PM Walk-ins

Friday, September 18, 2020 9:00AM to 12:00PM Walk-ins

For more information contact LeAnn at 643-7365







#### **Kaibab Band of Paiute Indians**

#### Wildlife, Fisheries & Parks Department

Wildlife Director - As it appears we may be in this "COVID-19 PANDEMIC" for some time, Tribal Deer Hunting may change due to CDC regulations, the committee held a meeting on June 24 and we talked about the 2020 Indians hunts and the Tribal hunts, the committee voted to cancel the Indian hunts for this year due to the high cases of COVID-19 on the Navajo and Hopi Tribes and in the four corners area. Depending on what stage the tribe is in at the time of the hunts, This is just head up, and has not gone before the council yet, permits will be issued outside of the tribal office at which time temperatures will be taken, you will need a mask, In stage 1 & 2- only one hunter per household, may bring a family member as a helper and only allowed a few days to get your deer, this will be for both Tribal members that live on and off the Reservation. If we are in stage 3 Everything is closed, and only Tribal Members that live on the Reservation, They have to get a permit and go out and get their deer the same day. Masks will be worn whenever Social Distancing can't be used. This is just heads up at our September \$\partial{\textit{d}}{2}\$ meeting we should finalize this.

Watch out for DEER on the road - slow down between the store and Moccasin, if one crosses in front of you, there are more behind it, and sometimes they will run into the side of the Vehicle. All Car/Deer accidents need to be reported to Mohave County Sheriff, BIA Police or this Department, this is in the Wildlife Ordinance and in Arizona state law.

**Fishing** — All Tribal Members need a permit at no cost, so come in and get one for the 2020 season, all others cost \$10 dollars for the first day, and remember to pick up your trash. Children need to be with someone 18 years or older while fishing and only tribal members can swim in the pond. And Social distaning needs to be practiced.

**FireWood** – Tribal Members you don't need a permit to get firewood, unless you are selling it off the Reservation. But, to get wood for personal use or for a Tribal Member, you don't need a permit. You can get wood anywhere on the reservation, as long as it is not green, greenwood will burn slow and will plug up your chimney faster.

Back Dirt Roads – If for some reason you take the back roads, beware of the snow, sand, and mud, remember to tell someone where you are going and about what time you will return, take a lot of water, some snacks, matches, and bring a shovel, tow chain, and a jack (Handyman), Cell phone may or may not work, Text messaging may work better, and pick up all litter, KEEP MAIN GATES CLOSED!!!, if the road gets snowy, sandy or muddy turn back you don't want to get stuck. If you know of someone that has gone out and not returned, call this Department at any time, (office or Home) contact any Wildlife Committee member, or BIA-Police. This will only be to get them home, but if asked to be pulled out, you may be charged a fee.

Any questions or concerns contact Danny Bulletts, Jr. at 643-8305 or Email me at <a href="mailto:dbullettsjr@kaibabpaiute-nsn.gov">dbullettsjr@kaibabpaiute-nsn.gov</a>.

Diabetes Fitness Coordinator Assistant **CHR Department** 

\$11.75/hr, no benefits Part-time, permanent

**OPEN UNTIL FILLED** 

This is a great position for someone looking to help others reach their goals and become healthier.

- Assist Diabetes Fitness Coordinator with teaching individual and group classes
- Open and close Tribal Gym, some weekends required
- Transport tribal and community members
- Keep facility and equipment clean
- CPR and First Aid mandatory within 90 days
- Native Fitness Certification within 1 year

**CHR Assistant/Receptionist** 

**CHR** Department

\$12.50/hr, benefits after 90 days

**OPEN UNTIL FILLED** 

Full-time, permanent

This job requires medical knowledge and experience, a high-level of organization and a desire to help the community. CNA (Certified Medical Assistant) or MA (Medical Assistant) certification preferred, but not required

- Coordinate services, billing and information between the patient, Indian Health Services, and the Kaibab Paiute Tribal Health department, must be good with patients, fellow employees and associated businesses
- Strictly adhere to Tribal and IHS policies in order to ensure that members continue to be eligible for services
- Assist patients with billing questions, insurance eligibility and follow through with alternative resources
- Make appointments for patients, charting and filing, scheduling, picking up and delivering prescriptions, some patient transport as needed
- Conduct home visits that include blood pressure monitoring, glucose testing and other medical support
- High level of computer skill is required
- CPR and First Aid certification current or with 90 days.

**Convenience Store** 

**Tribal Enterprises** 

Salary: DOE, benefits after 90 days Full-time, permanent

OPEN UNTIL FILLED

Manager

The Convenience Store manager will be responsible for the leadership, management and overall success of the store

- Oversee day-to-day activities at the store
- Direct and coordinate all business activities including setting prices, distribution and display of products, store
  inventory and rotation, point of sale recordkeeping, and sound money management
- Personnel management including scheduling, training, appraisals, reprimands, hiring and terminations
- Ensures delivery of accurate invoices, check requests, weekly and monthly reports. May be asked to report directly to the Tribal Council
- Review financial statements, sales and activities reports and other data to measure productivity and goal achievement. Ensure that store assets are properly maintained
- Maintain a clean and healthy environment for staff and customers
- Two years of related retail and management experience

**RV Park Host** 

Economic

\$11.00/hr, no benefits

Closes July 10, 2020 or

Development

Part-time/permanent

UNTIL FILLED

Help to provide a quality recreational experience for guests of the RV Park by maintaining the facilities and managing the front desk

- Handle the operational functions of the park during shift as needed, including collecting fees, interacting with guests, taking phone reservations
- Strong cleaning skills to keep lounge and bathroom facilities at their best
- Complete minor repairs and report major repairs that need to be completed
- Some outside work including landscaping
- Good computer and money handling skills required. Must be able to work without supervision

Cashier

Red Hills
Convenience Store
Convenience Store
Looking for some smiling faces to add to the C-Store crew! Store Store or high school diploma/GED.

- Must have great customer service skills
- Ability to use computerized registers and credit card systems and handle money (counting change and daily till)
- Also responsible for shift side-work including keeping the store clean and organized
- Successful candidate must be able to work well as part of a team

K-12 Tutor Education Salary DOE , no benefits UNTIL FILLED
Department Part-time, temporary

Help our students learn and reach their goals! Very rewarding position for a candidate to tutor in person and through Zoom.

- Provide academic assistance to assigned students individually and in groups
- Must be comfortable working through Zoom/Internet interaction and in-person if permitted by COVID-19 protocols
- Help students develop motivation and positive attitudes towards learning
- Associates Degree OR passing scores on general knowledge test OR a proven ability to teach and work with children of diverse cultures is required

Most of the above positions require that the applicant have a GED or high school diploma, driver's license and good driving record. A clear background check and drug test are required for employment. Complete job descriptions and employment applications are available online at www.kaibabpaiute-nsn.gov or at the Tribal Affairs Building located on 1 North Pipe Springs Road Fredonia, AZ 86022. For more information, contact the Human Resource Director at (928) 643-8307

THE KAIBAB PAIUTE TRIBE IS AN EQUAL OPPORTUNITY EMPLOYER AND

ADHERES TO THE INDIAN PREFERENCE ACT

# Human Services now available on Zoom.us

# **Talking Circle:**

Tuesdays at 5:00 PM

Meeting ID: 873-928-104

**Password: 776684** 

# Kaibab AA:

Thursdays at Noon

Meeting ID: 974-086-527

Password: 380742

#### Contact:

Jennie Kalauli: Phone Number: (435)-689-1799 and Facebook Messenger

Allen Orton: Phone Number: (435)-899-1782 and Facebook Messenger

Penny Keller: Phone Number: (435)-689-0381 and Facebook Messenger

Jennie, Allen and Penny will be available for individual sessions

All times are Arizona time

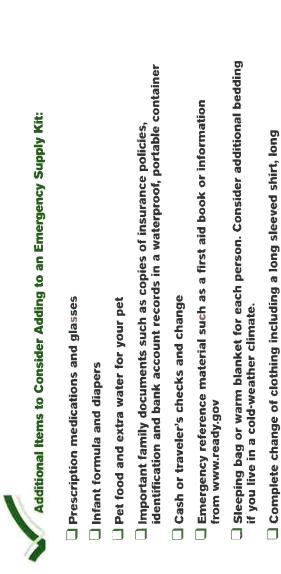
#### **NOTICE**

We have worked hard to clean up the Maintenance Building and it's surrounding area, including the areas around the dumpsters.

Please help us to keep this area clean and free of garbage.

If you have large items, such as mattresses, to dispose of, that do not fit inside the dumpster, please take them directly to the landfill.

# PLEASE PLACE ALL GARBAGE INSIDE THE DUMPSTER DO NOT LEAVE IT ON THE GROUND



to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not

use scented, color safe or bleaches with added cleaners.

 $\hfill \square$  Mess kits, paper cups, plates and plastic utensils, paper towels

☐ Feminine supplies and personal hygiene items

Matches in a waterproof container

☐ Fire Extinguisher

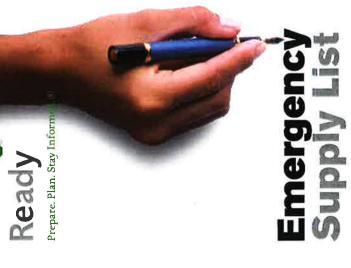
 $\square$  Books, games, puzzles or other activities for children

■ Paper and pencil

☐ Household chlorine bleach and medicine dropper – When diluted nine parts water

pants and sturdy shoes. Consider additional clothing if you live in a

cold-weather climate.







# Through its Ready Campaign,

the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.





Federal Emergency Management Agency Washington, DC 20472

# 10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

#### If you have possible or confirmed COVID-19:

1. Stay home from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



 Cover your cough and sneezes with a tissue or use the inside of your elbow.



2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.



7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Get rest and stay hydrated.



8. As much as possible, stay in a specific room and away from other people in your home.
Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.



**9.** Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.



 For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.



10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.





### Symptoms of Coronavirus (COVID-19)

#### Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

#### Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion

- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

			×	

#### **What Your Test Results Mean**

Accessible version available at https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html

#### If you test positive for COVID-19

TAKE STEPS TO HELP PREVENT THE SPREAD OF COVID-19



#### STAY HOME.

Do not leave your home, except to get medical care. Do not visit public areas.



#### STAY IN TOUCH WITH YOUR DOCTOR.



#### **GET REST AND STAY HYDRATED.**

Take over-the-counter medicines, such as acetaminophen, to help you feel better.



#### SEPARATE YOURSELF FROM OTHER PEOPLE.

As much as possible, stay in a specific room and away from other people and pets in your home.

#### If you test negative for COVID-19

- You probably were not infected at the time your sample was collected.
- However, that does not mean you will not get sick.
- It is possible that you were very early in your infection when your sample was collected and that you could test positive later.

A negative test result does not mean you won't get sick later.



	*		

This outreach contains information you and your family can use in an emergency or in the event of a man-made or natural disaster. Let me ask you...



# To be self-sufficient during an emergency or disaster?

#### Join us for ZOOM meetings on: September 4th, 2020 @10:00a AZ

Meeting ID: 821 6290 3658

Topic: 72 Hour Kits

Using Ziploc Bags and a Sharpie Pen – if you live on the reservation and need these items please contact Delayna \*Deadline to RSVP is 09/02/2020 @6:00p AZ

#### September 18th, 2020 @10:00a AZ

Meeting ID: 899 6681 0716 Topic: 14 Day preparedness \*Deadline to RSVP is 09/17/2020 @6:00p AZ

#### October 2<sup>nd</sup>, 2020 @10:00a AZ

Meeting ID: 820 1204 9925 Topic: Emergency Binder

If you had to "bug out" in a hurry, what would you take with you? Here's a way to reduce the anxiety of having to make those last-minute decisions.

\*Deadline to RSVP is 10/01/2020 @6:00p AZ

August 24, 2020

To My Tribal People

This is an FYI from my Frank family. I hope by now that you have been aware that our oldest Tribal Member Elder, Priscilla (Castro) Gutierrez (e'hipe) had left this life on August 9, 2020.

Also, her middle daughter, Diane ("Mitzi") Dyer passed August 4, 2020 of cancer. Both resided in Riverside, CA. An "Oh Vee Tuh" (sing) will be held sometime in September. All with protocols of the Covid 19 Team and approval of the Tribal Council a date will be forthcoming. This has been a devastating loss for our family as well as the Tribe.

Thank you in advance,

Hopper





During this time of uncertainty and global crisis, EFT tapping is available to ease your mind, calm your nervous system and offer surprising benefits. Emotional Freedom Technique (EFT), which people often refer to as EFT Tapping, is an alternative therapy for anxiety, post-traumatic stress disorder (PTSD), and other conditions.

Starting September 1, 2020

Human Services will be hosting a 10-15 minute guided EFT Tapping Meditation on Zoom

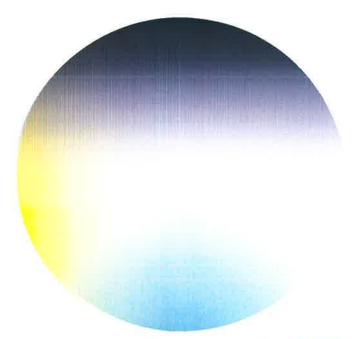
Each morning Monday-Thursday at 11:00 AM Text or call (435)-689-0381 for ID and Password

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## WEEKLY VIRTUAL TALKING CIRCLE

HOSTED BY NACA SOCIAL SUPPORT COORDINATOR AND COMMUNITY ELDER

Open to anyone who wants/needs to connect with others during these stressful times. The talking circle is a safe-space, and confidential.



Mondays @ 5:30-6:30 pm MST on Zoom Register here: https://bit.ly/3f99L9R



